

Pre-Surgical Instructions With Moderate Intravenous Sedation

Your upcoming periodontal surgery will be performed in our office under moderate I.V. sedation by the doctor and a Certified Registered Nurse Anesthetist (CRNA). Two surgical assistants will also be present to assist the doctor in your surgery. To ensure a safe and comfortable experience, it is important that you carefully read and understand the following instructions.

- ▶ **DO NOT consume any food or liquids (including water) 6 hours prior to surgery time.**
- ▶ **Arrange for an adult to drive you to and from your surgical appointment. They are not required to remain in our office during the entire surgery, but must stay with you at home for the rest of the day. DO NOT drive for the duration of the day.**
- ▶ **Please limit exercise morning of appointment and 48 hours after surgery.** We do recommend you drink plenty of fluids the day BEFORE your procedure.
- ▶ **NO aspirin for 7 days prior to surgery.** Advil (Ibuprofen) and Tylenol (Acetaminophen) products are acceptable.
- ▶ **If you routinely take blood pressure or anti arrhythmic medication in the morning, please take your medication the morning of your surgery with a small sip of water.**
- ▶ **If you are on anti-seizure medication continue on routine schedule - do not skip a dose.**
- ▶ **If you are diabetic, please check your blood sugar the morning of your surgery if possible. DO NOT take morning dose of medication (oral or insulin) the morning of surgery. Please inform nurse anesthetist if you have an insulin pump.**
- ▶ **Prior to the procedure, inform our office of any changes in your medical history or new medications. Please have a list of any allergies to food or medications.**
- ▶ **DO NOT drink any alcoholic beverages for 24 hours prior to surgery, or for 24 hours after surgery.**
- ▶ **DO NOT take any sedatives (Xanax, Valium, Ativan, etc.) prior to arrival on the day of surgery.**
- ▶ **DO NOT consume antihistamines (Benadryl, Claritin, Zyrtec, Etc.) for 24 hours prior to surgery.**
- ▶ **Wear loose, comfortable clothing to facilitate access for the I.V. line and placement of the sedation monitoring equipment. Wear flat comfortable shoes. If your surgery is 90 minutes or longer it is recommended to wear disposable adult incontinence pad or briefs.**
- ▶ **DO NOT wear contact lenses, make-up, perfume or jewelry during your surgical appointment.**
- ▶ **If you normally carry an asthma inhaler or nitroglycerine tablets, please bring them to your appointment.**
- ▶ **When planning for your diet for the first day or two following surgery, try to avoid hot foods or liquids, such as soups or coffee. Nutritional drinks such as Ensure or Carnation Instant Breakfast are recommended to supplement your dietary requirements. Cold, soft foods and liquids are recommended the day of surgery when you get home.**

Our intention is for this surgical experience to be a comfortable and pain-free procedure. You will be anesthetized with local anesthetic as you would be for any other dental procedure. We look forward to helping you achieve better dental health, and strive for you to have a positive treatment experience.

Thank you for reviewing the above pre-surgical information. At your surgical appointment, you will be given more specific postoperative instructions. In the meantime, please feel free to contact our office to clarify any questions you may have regarding your upcoming surgery.